

HOLY CROSS HEALTH

Fall 2019

*Home Care Connect:
Today's Innovative
24/7 "House Call" | 6*



HC HOLY CROSS
HEALTH
A Member of Trinity Health

*Moving Life Ahead*SM

Holy Cross Germantown Hospital Celebrates Five Years

Since opening in October 2014 to meet the needs of the fastest-growing part of Montgomery County, Holy Cross Germantown Hospital has benefited the health of the community with high-quality and sophisticated medical, surgical, emergency, maternity and behavioral health care.

In the past five years, thousands of community members have turned to the hospital during times of need, including more than: 180,000 patient visits; 120,000 emergency visits; 24,000 inpatient discharges; 11,000 surgeries; and 3,800 births.

More than 1,400 colleagues and physician partners provide expert care with milestones including accreditation by The Joint Commission and designation as a Primary Stroke Center. Holy Cross Germantown Hospital was also the county's first community hospital to obtain the latest surgical robot and to offer the LINX® Reflux Management System.

As the needs of the community change, Holy Cross Germantown Hospital remains committed to growing, evolving and investing to meet those needs. Sign up for updates at HolyCrossHealth.org/HCGHsignup.



A Great Place to Work, 20 Years in a Row

Holy Cross Health has earned the Workplace Excellence Seal of Approval—the only health care provider in Maryland to achieve this distinction every year since 1999. More than 6,000 employees, physicians and volunteers work together to provide innovative, high-quality health care for individuals in our region. The Alliance for Workplace Excellence also recognized Holy Cross Health as a leader in the following areas: Health & Wellness, Eco Leadership, Diversity Champion, Best Practices Supporting Workers of All Abilities and Best Practices Supporting Workers 50+.

Visit HolyCrossHealth.org/careers to explore career opportunities.



Holy Cross Health received a special citation at the 2019 Alliance for Workplace Excellence awards on June 7 for receiving the Seal of Approval for the 20th consecutive year.

Always Anticipating and Innovating

*A Message from Norvell V. Coots, MD
President and Chief Executive Officer
Holy Cross Health*

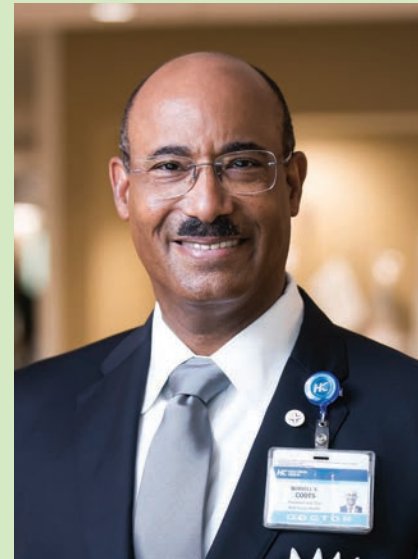
There are many forces that drive the work we do across our integrated health system. The motivation to continually innovate to improve health is one of those ever-present drivers, stretching our teams to develop the fresh ideas that address the health needs of the people in our community.

Whether investing in new technologies or creating programs that foster healthier behaviors, Holy Cross Health is always anticipating the future and seeking innovative ways to help individuals achieve their best quality of life. Our bold moves in people-centered care result in cutting-edge programs and services that are often the first of their kind in the region.

Some innovations are within the walls of our hospitals, such as a new laser treatment that can transform the lives of epilepsy patients coping with unresolved seizures (see page 4), or an advanced imaging approach during robotic surgery that can detect the spread of gynecologic cancer (see page 8).

Other novel ideas permeate our community and even enter patients' homes. For example, a new virtual care program called Home Care Connect™ combines home care with telemedicine to care for individuals in the home and provide families convenience and peace of mind (see page 6).

With a commitment to being the most trusted provider of health care services, we will continue to build upon our clinical excellence and pioneer new innovations to make health and the best possible quality of life more achievable for everyone in our community.



Holy Cross Hospital Ranks Among the Best in the Region

U.S. News & World Report's 2019-20 list of America's Best Hospitals ranks Holy Cross Hospital 10th (tied) in the Washington, D.C., region and 10th (tied) in Maryland, making it the highest-ranked (tied) in Montgomery County. This recognition reflects the dedication of our physicians and colleagues to consistently meeting and exceeding standards of clinical care for the benefit of patients.

Excellence in Stroke Care

Holy Cross Hospital and Holy Cross Germantown Hospital earned the American Heart Association/American Stroke Association 2019 Get with the Guidelines®—Stroke Gold Plus Achievement Award with Target: StrokeSM Honor Roll Elite Plus.

Both hospitals also are designated as Primary Stroke Centers by the Maryland Institute for Emergency Medical Services Systems (MIEMSS) for delivering top-quality stroke care. To learn about the signs of stroke, visit HolyCrossHealth.org/blog-stroke.

See page 14 for a stroke special event.



The 2019 Blue Tie Ball benefiting the Holy Cross Health Cancer Institute will be held Saturday, September 28, at the Bethesda North Marriott Hotel & Conference Center. To help meet the need for cancer care in our region, the event will help fund the expansion and relocation of the Holy Cross Radiation Therapy Center. To become a supporter and purchase tickets, contact Bethany Fox Hussey at 301-754-7133 or visit HolyCrossHealth.org/BlueTieBall.

A woman with dark hair, wearing a bright pink t-shirt, is smiling and holding a small black dog with a pink collar. They are in a grassy field with a wooden fence in the background under a clear blue sky. A white starburst graphic is in the top left corner.

LIVING SEIZURE-FREE

After a New Laser Treatment

“At last, I’m looking forward to a future free from medications,” said Christine. “Before my treatment at Holy Cross Hospital, I didn’t think that was possible.”

Christine Maalouf has been fighting epilepsy for half of her life. Now 30, Christine was a freshman in high school when her right hand suddenly went numb, occasionally spreading to her lips and affecting her speech. She began to have at least one episode of numbness in her right hand every day, sometimes several. Her condition escalated, and she had two grand mal seizures where she lost consciousness and had convulsions before being diagnosed with epilepsy in 2004.

“Epilepsy affects one percent of the population in the United States and is defined by recurrent seizures,

which can come in many different types. It’s a very treatable condition,” said Gregory Mathews, MD, neurology and epileptology, Holy Cross Hospital and Holy Cross Germantown Hospital, and medical director, Epilepsy Monitoring Unit, Holy Cross Hospital.

For most people with epilepsy, seizures can be controlled with medication. But for a fraction of the population, medication doesn’t bring relief. “At Holy Cross Health, our epilepsy center has the expertise to treat any type of epilepsy, even medication-resistant epilepsy,” Dr. Mathews said.

WHEN IT’S TIME TO CONSIDER YOUR OPTIONS

By the time Christine met with Dr. Mathews in 2018, she had tried many medications, none of which helped control her seizures and had debilitating side effects. She wanted to explore other treatment options.

Holy Cross Health offers one of the region’s most sophisticated diagnostic and treatment services for people with epilepsy and other seizure disorders.

Holy Cross Health’s neuroscience program brings together specialized neurologists, called epileptologists,



Zachary Levine, MD



Gregory Mathews, MD

with a multidisciplinary team of neurosurgeons, neurologists, neuroradiologists and others to deliver the right treatment option for each patient, including innovative surgical options.

At Christine’s initial appointment, Dr. Mathews reviewed her MRI and identified an abnormal area in one section of her brain, called a dysplasia. He then called in Zachary Levine, MD, medical director of Neurosurgery and Neuroscience, Holy Cross Health, who agreed with Dr. Mathews’ assessment that the dysplasia seemed to be responsible for Christine’s seizures and might be cured with a new treatment.

FIRST TO OFFER NEW EPILEPSY TREATMENT

“Epilepsy surgery is usually an hours-long open operation during which the patient is often awake so that we can identify the seizure focus. But now, we are able to offer laser interstitial thermal therapy, called Visualase®, a much less invasive procedure,” Dr. Levine said. “Holy Cross Hospital is the first hospital in the region to offer this technology.”

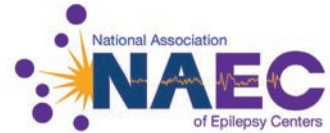
With Visualase, a tiny fiber optic thread directs laser energy to the precise part of the brain responsible for the patient’s seizures. The laser energy heats the tissue and destroys it, a technique called ablation. Once the problem area is ablated, the thread is removed.

Before Christine’s surgery, the team used a specialized MRI scan to map her brain and ensure they could reach the area responsible for the seizures without damaging the ability to use her hands.

During the procedure, Dr. Levine drilled a 3-millimeter hole into Christine’s skull and advanced the fiber optic thread into her brain. Then, she was moved from the operating room into the MRI scanner, where Dr. Levine performed the ablation. Once complete, he closed the hole in Christine’s skull with a single stitch. The entire process took less than 90 minutes.

LIFE WITHOUT SEIZURES

Christine went home the day after her surgery and was back at work within a week. “The seizures seem to have completely stopped,” Christine said. “Over 15 years, I tried many doctors, and tons of medications, before I found the right answer at Holy Cross Health.”



An Accredited Level 3 Epilepsy Center

The Holy Cross Hospital Epilepsy Monitoring Unit recently earned a two-year re-accreditation as a Level 3 Epilepsy Center by the National Association of Epilepsy Centers. Level 3 Epilepsy Centers have the professional expertise and facilities to provide high-quality medical evaluation and treatment for patients with complex epilepsy.

Help for Epilepsy



October 24: Tune in Live

Hear from epilepsy experts, Dr. Mathews and Dr. Levine, at our Facebook live event. Details on page 12.



Learn More

Read more about the Visualase laser treatment at HolyCrossHealth.org/laser.



Epilepsy Support Group

For people of all ages with epilepsy and their loved ones. To register, visit HolyCrossHealth.org/support or call 301-754-8800.

Discussion dates and topics:

- Sept. 18 / Academics, Employment and Epilepsy
 - Nov. 20 / Socializing with Epilepsy
- 6:30 to 7:30 p.m. / Holy Cross Hospital



Treating Unresolved Epilepsy: Blog Post

Read about treatments for epilepsy when seizure medicines don’t work, at HolyCrossHealth.org/blog-epilepsy.



Find a Specialist

Learn about our neuroscience team at HolyCrossHealth.org/NeuroTeam or call 301-754-8800.

BACK IN Action

with a New Custom Knee and Innovative Virtual Home Care

After years of trouble with her knees, Beverly Flanagan decided to have a custom total knee replacement at Holy Cross Germantown Hospital. The surgery went so smoothly that Beverly, 70, was back home the very next day, supported by Home Care Connect™, a new Trinity Health virtual care service available through Holy Cross Home Care and Hospice.

“It actually feels like old times, when we had a neighborhood doctor who would make house calls,” Beverly said. “From the hospital to my home, it’s all one harmonious health care program. Everyone already knows who I am and what I need.”

Beverly’s surgery was performed at Holy Cross Germantown Hospital by Tariq Nayfeh, MD, PhD, orthopedics, who implanted a custom-created joint to fit her unique anatomy.

“Dr. Nayfeh was very personable, and I appreciated his expertise,” added Beverly. “There was a warmth and a continuity to my whole experience, starting before my surgery and extending through the care I received after I went home.”

ONE-OF-A-KIND VIRTUAL CARE

Home Care Connect, launched in fall 2018, continues a legacy of innovation with an “in-the-moment intervention” care model using integrated remote monitoring technology.

Eligible patients like Beverly are monitored around the clock by the Virtual Care Center, staffed by specially-trained nurses. Patients use wireless tools, including a 4G-enabled tablet with voice and text instructions,

a scale, a pulse oximeter and a blood pressure monitor, to stream information to the center. The nurses respond in real time to changes in blood pressure, weight or health symptoms.

Most differentiating from other programs is the ability for patients and Virtual Care Center nurses to connect day or night using two-way video, and even loop in the patient’s physician or loved one.

“The foundation of Home Care Connect is that if patients can be monitored in their homes instead of in the hospital, they will be more comfortable and ultimately have better outcomes,” said Mary Vicsik, RN, BSN, virtual care coordinator, Holy Cross Home Care and Hospice. “If patients have a concern, they can call us 24 hours a day, and we can be connected via video in minutes. The quick intervention can help us address problems while they are small—before they result in an emergency room visit or hospitalization.”

IT’S A FACT:

Patients who used Home Care Connect last fall returned to the hospital at a much lower rate (6.3%) than the national average for 30-day readmissions (15.9%).

HOW HOME CARE CONNECT WORKS

The Home Care Connect™ virtual care program, available to eligible Holy Cross Home Care patients dealing with a variety of health concerns, empowers individuals to achieve their health goals and stay where they are most comfortable—at home.

The program includes:

- Compassionate visiting nurses and therapists with clinical expertise
- A kit with advanced, easy-to-use, remote monitoring technology
- A 24/7 Virtual Care Center powered by specially-trained remote monitoring nurses





Beverly connects for a virtual visit with nurse Mary Vicsik, while using her kit's in-home monitoring tools. "Having access to nurses at any time gave me peace of mind—all without leaving my home," Beverly said.

"LIKE AN OLD-FASHIONED HOUSE CALL"

In addition to virtual monitoring, Beverly received home visits from a physical therapist, who focused on safety and exercises to regain strength and movement. "In between the home visits, having access to nurses at any time gave me peace of mind—all without leaving my home," she said.

Virtual monitoring helps patients like Beverly recover in the comfort of their own environment. "Using technology like this, we feel more

comfortable getting patients home more quickly and safely," said Dr. Nayfeh. "Home Care Connect helps us avoid sending patients to extended care facilities or keeping them in the hospital longer than absolutely necessary."

Beverly, a retiree, appreciates having easy access to everything she needs near her home, from grocery stores and leisure activities to health care. "It doesn't get more accessible than the home care I received after my knee surgery. This program brings health care into the neighborhood."

Since getting back on her feet after surgery, Beverly enjoys once again walking in her local park. She's also eager to rejoin the Holy Cross Health wellness classes she's participated in for years, and to reconnect with the friends there she's made along the way.



Tariq Nayfeh, MD, PhD

Discover more about this program at HolyCrossHealth.org/HomeCareConnect, or by calling 301-557-HOME (4663). To learn more about when you or a loved one may benefit from home care, visit HolyCrossHealth.org/blog-home-care.



SERVING UP AN ACE

with Gynecologic Cancer Expertise and Robotic Surgery Innovation



“I couldn’t believe how quickly I was back to my normal routine. I only missed three weeks of tennis,” said Rosemary.

Rosemary Dawson is a Navy veteran who broke new ground for women in the military by being first to serve as part of her ship’s crew rather than as part of an attached command. In 2018, the 70-year-old grandmother and avid tennis player had a new battle to fight. She started to experience unusual bleeding, and tests revealed stage 2 uterine cancer that would require surgery.

During her treatment, Rosemary benefited from having a care team with unique combined expertise in gynecologic oncology, robotic surgery and advanced imaging technology

to not only remove her cancer in the most minimally invasive way, but also to detect if her cancer had spread to other parts of her body.

INNOVATING TO MAKE SURGERY SAFER

Rosemary’s surgeon recommended a minimally invasive total hysterectomy using the *da Vinci Xi*[®] surgical robot at Holy Cross Germantown Hospital. To help understand if her cancer had spread, he also incorporated fluorescence imaging to minimize the procedure’s impact on Rosemary’s

body and decrease the likelihood of life-changing complications.

“This imaging technology is normally associated with breast cancer but is emerging in other areas because of its benefits,” said James Barter, MD, gynecologic oncology, Holy Cross Germantown Hospital and Holy Cross Hospital, and medical director, Gynecologic Oncology Research Program, Holy Cross Health. “We are an early adopter in our region of using fluorescence imaging during gynecologic cancer surgery.”

Rosemary is grateful that her care plan pushed the envelope. “I really



James Barter, MD

appreciated Dr. Barter’s determination to make this surgery as safe as possible,” she said. “His explanation of the procedure and how it would minimize the risk of complications gave me hope and confidence.”

Dr. Barter used the robot’s Firefly® imaging technology in conjunction with an injected fluorescent dye. This method allowed him to see if cancer was present in Rosemary’s sentinel nodes—an important indicator to determine whether her cancer had reached the lymphatic system.

“If the sentinel nodes are cancer-free, like in Rosemary’s case, the other lymph nodes are healthy and don’t need to be removed,” said Dr. Barter. “This outcome greatly reduces the risk of complications such as lymphedema, a swelling in the legs that can be very painful and require ongoing treatment.”

MOVING FORWARD CANCER-FREE

After spending less than a day at Holy Cross Germantown Hospital following her surgery, Rosemary was ready to continue her recovery at home.

“Everyone was very warm and welcoming,” said Rosemary. “They have everything down to a science, and I felt well taken care of from start to finish.”

“The procedure went superbly well,” added Dr. Barter. “Holy Cross Health is a recognized leader in gynecologic surgery, cancer care and robotic procedures, and this is yet another advance to make treatment safer and easier for our patients.”

Help for Gynecologic Cancers



Educate Yourself and Your Loved Ones

Learn what every woman should know about gynecologic cancer, at HolyCrossHealth.org/blog-gyn-cancer.



Find Cancer Support

For a list of cancer support groups and programs, see page 11.



Connect with an Expert

Find a surgeon at HolyCrossHealth.org/meet-our-surgeons or call 301-754-8800.



Access Cancer Care from a Regional Leader

The Holy Cross Health Cancer Institute is nationally recognized for high-quality care and **treats more cancer inpatients in Montgomery and Prince George’s counties than any other hospital or health system.** Our team of medical oncologists, surgeons, radiation therapists, nurses and clinical research professionals cares for more than 50 types of cancer and guides patients from diagnosis through treatment, recovery and survivorship. Learn more at HolyCrossHealth.org/cancer or call 855-HCH-HOPE (424-4673).



Expect Excellence in Women’s Surgery

- More women in Maryland turn to the specialists at Holy Cross Health each year for gynecologic and gynecologic oncology inpatient surgeries than any other hospital or health system.
 - Holy Cross Hospital is a Center of Excellence in Minimally Invasive Gynecology (COEMIG), designated by the Surgical Review Corporation.
- Learn more at HolyCrossHealth.org/gyn or call 301-754-7278.



Receive the Latest in Robotic Surgery

Holy Cross Health was first in Montgomery County to offer robotic-assisted surgery and to acquire the latest *da Vinci Xi* surgical robot. Learn more at HolyCrossHealth.org/robotics.

Support Cancer Care

Your philanthropic support helps to ensure the next person diagnosed with cancer in our community can turn to Holy Cross Health for the best possible outcome and quality of life. To learn how you can support innovative cancer care, contact the Holy Cross Health Foundation at HolyCrossHealthFoundation@HolyCrossHealth.org or 301-557-GIVE (4483).

Take Time for Your Health

For additional classes, more information
or to register, call **301-754-8800**
or visit **HolyCrossHealth.org**.



★ **Holy Cross Hospital, Holy Cross Health Conference Center**
1500 Forest Glen Road
Silver Spring, MD
20910

◆ **Holy Cross Germantown Hospital**
19801 Observation Drive
Germantown, MD
20876

▲ **Holy Cross Resource Center**
9805 Dameron Drive
Silver Spring, MD
20902

■ **Holy Cross Senior Source**
Under renovation.
Call 301-754-8800
for class locations.

Holy Cross Health offers more than 70 fitness and health education classes, self-care management programs, health ministry programs and support groups each week at convenient community locations. Classes and events are held at the locations above, unless otherwise noted. Class dates, instructors and fees are subject to change. For hospital-based parking information, visit HolyCrossHealth.org/parking.

Disease Prevention & Management

Diabetes Prevention Program Free

Tuesday, Sept. 17 / 7 to 9 p.m.
Location: ★

This yearlong, lifestyle behavior modification program is for non-diabetic or pre-diabetic, overweight individuals at risk for developing type 2 diabetes. The program includes group classes, telephone support, access to a lifestyle coach, free exercise classes and ongoing support upon program completion. Call 301-557-1231 to see if you qualify. For more information, visit HolyCrossHealth.org/DiabetesPrevention.

Programa de Prevención de Diabetes Gratis

Este programa de modificación de estilo de vida durante años ofrece orientación nutricional, sesiones de ejercicio y apoyo para ayudar a prevenir o retrasar la aparición de diabetes. Para más información, llame a Lourdes Nuñez, 301-754-8133.

Diabetes Self-Management Education

Tuesdays, Sept. 10, 17, 24 & Oct. 1
5:30 to 8:30 p.m. / Location: ▲
Tuesdays, Oct. 22, 29, Nov. 5 & 12
Noon to 3 p.m. / Location: ▲

This four-week class series, taught by a registered nurse, helps you self-manage diabetes on a daily basis. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

Programa de Manejo Personal de la Diabetes Gratis

Un curso de seis semanas para los que quieren aprender cómo mantener una vida activa y manejar su salud mientras viven con la Diabetes Tipo 2 o Pre-Diabetes. Bienvenidos a las familias y los que cuidan a los diabéticos. Para más información, llame al 301-754-8800.

Living Well: Chronic Disease Self-Management Workshop Free

Tuesdays, Nov. 5 - Dec. 10
10:30 a.m. to 1 p.m.

(Rockville Senior Center, 1150 Carnation Dr., Rockville, MD 20850. To register, call the Rockville Senior Center at 240-314-8810. The class number is 10624.)

This six-week program teaches adults how to live a healthy life with chronic conditions and includes tools for improved self-management.

Living Well: Diabetes Self-Management Workshop Free

Thursdays, Sept. 26 - Oct. 31
9:30 a.m. to Noon

(Asbury Methodist Village, Parker Hall, 405 Russell Ave., Gaithersburg, MD 20877)
Fridays, Oct. 11 - Nov. 8 / 12:30 to 3 p.m.
(Marilyn J. Praisner Community Recreation Center, 14906 Old Columbia Pike, Burtonsville, MD 20866)

This six-week workshop teaches you how to better manage your health and maintain an active lifestyle while living with type 2 diabetes or pre-diabetes.

Cancer Support

13th Annual Celebration of Survivorship Free

Sunday, Sept. 22

3 to 5 p.m. / Location: ★

A survivor is anyone living with a history of cancer, from the moment of diagnosis through the remainder of life. Enjoy inspiring stories from survivors, physicians and caregivers as we support this strong community and the people who care for them. Advance registration is required by Friday, Sept. 6.

Cancer Educational Series Free

Tuesday, Sept. 17: Exercise During and After Cancer Treatment

6:30 to 7:30 p.m. / Location: ★

Cancer patients and survivors are invited to a presentation about different types of exercise during and after cancer treatment for stress management and optimal health. A gentle workout is included. Appropriate attire is recommended.

Wednesday, Nov. 13: Health Insurance Benefits & Appeal Process

6:30 to 7:30 p.m. / Location: ★

Cancer patients and survivors receive education and information about health insurance benefits.

To register for Cancer Educational Series programs or for more information, call 301-557-1850 or email hazzel.saravia@holycrosshealth.org.

Early Lung Cancer Screening

If you are a current smoker or you quit within the past 15 years, a low-dose CT scan takes less than one minute and can help identify signs of lung cancer at an early stage—when it is most treatable. To learn more about Holy Cross Health's lung cancer screening options—including the International Early Lung Cancer Action Program (I-ELCAP) research study—and to find out if you qualify, call our nurse navigator at 855-HCH-HOPE (424-4673).

Grupo De Apoyo Para Latinas Con Cancer Gratis

El último miércoles de cada mes. 6 to 8 p.m.

(Holy Cross Health Center in Gaithersburg, 220 Perry Parkway, Unit 5, Gaithersburg, MD 20877)

El grupo de apoyo se reúne mensualmente y ofrece una gama de actividades como apoyo durante el tratamiento, apoyo para la reducción de estrés, terapia individual, talleres educativos, talleres para cuidadores (hijos, parejas, familiares), actividades al aire libre y mucho más. Llame a Claudia Campos de Nueva Vida al 202-223-9100 para confirmar su participación o si usted no puede asistir.

Improving Lung Health Free

Thursday, Oct. 17 / 2 to 3 p.m.

(Asbury Methodist Village, 417 Russell Avenue, Gaithersburg, MD 20877.

Visitors may enter the campus at the intersection of Odendhal Avenue and Lost Knife Road. Follow signs to the Rosborough Community Rooms.)

Our experts discuss the latest advances in the diagnosis and treatment of lung conditions, including lung cancer.

Panelists include: Bryan Steinberg, MD, Thoracic Surgery. Register at HolyCrossHealth.org/AskOurDoctors.

Look Good, Feel Better Free

For dates, times and location, call 301-754-8800.

A group workshop to help female cancer patients manage appearance changes that may occur during chemotherapy and radiation treatment. Learn about skin care, make-up applications and hair/wig techniques.

Lymphedema Support Group Free

Saturday, Oct. 19

10 a.m. to Noon / Location: ★

Receive support and helpful resources for the daily challenges of lymphedema. Patients, family members, friends and caregivers are welcome. To register for your first meeting, call 301-754-7340.

Shine a Light on Lung Cancer Free

Monday, Nov. 11

6 to 7 p.m. / Location: ★

Join us for this special event dedicated to raising awareness and support for lung cancer, a disease that each year kills more people than breast, prostate, colon and pancreatic cancer combined. This vigil is one of many across the country.



Jeanne Tufano is Thriving After Cancer Treatment

"After a melanoma was removed from my nose, I had three reconstructive surgeries at Holy Cross Germantown Hospital. The staff knew me and understood what I was going through. It was wonderful how they supported and encouraged me every step along the way."



Help for Seizures Facebook Live Event

FREE

Thursday, Oct. 24, 1:30 p.m., at [Facebook.com/HolyCrossHospital](https://www.facebook.com/HolyCrossHospital)

Epilepsy experts discuss the latest treatment options for uncontrolled or medication-resistant epilepsy, including a new laser treatment (see story on page 4). Complete our short form at [HolyCrossHealth.org/EpilepsyLive](https://www.HolyCrossHealth.org/EpilepsyLive) to receive event reminders, submit a question, or receive the video after the live event.

Information Sessions & Lectures

Joint Replacement Class Free

**Mondays, Sept. 9 & 23, Oct. 7 & 21,
Nov. 4 & 18, Dec. 2 & 16**
2 to 3:30 p.m. / Location: ★

**Tuesdays, Sept. 3 & 17, Oct. 8 & 22,
Nov. 5 & 19, Dec. 3 & 17**
11 a.m. to 12:30 p.m. / Location: ◆

Learn what to expect before, during and after knee or hip replacement surgery.

Surgical Weight-Loss Information Meeting

Location: ★◆

Learn about minimally invasive weight-loss surgery, meet our bariatric surgeons and hear from patients who have had surgery. For dates and times and to register, visit [HolyCrossHealth.org/WeightLossSessions](https://www.HolyCrossHealth.org/WeightLossSessions).

Fitness

Ballroom/Latin/Swing Dance: Basics & Beyond

**Tuesdays, Sept. 17 - Oct. 22 or
Oct. 29 - Dec. 17*** (no class on Nov. 5)
6:30 to 7:30 p.m. / Location: ▲

6-week session \$70 / *7-week session \$80
This stress-free class will teach you how to have a great time on the dance floor. Couples and singles welcome.

Gentle Yoga

**Thursdays, Sept. 12 - Oct. 17 or
Oct. 24 - Dec. 19*** (no class Nov. 28)
6 to 7:15 p.m. / Location: ▲

6-week session \$70 / *8-week session \$90
Learn how to relax using yoga techniques. This class is taught on the floor with modifications for people with movement limitations.

Pilates

Wednesdays, Sept. 4 - Oct. 23
(no class Oct. 9) or **Oct. 30 - Dec. 11**
6:30 to 7:15 p.m. / Location: ▲

7-week session \$80

Work to strengthen and sculpt your body, and improve flexibility, posture and core muscles using only a mat.

Yoga at Germantown

**Tuesdays, Sept. 24 - Oct. 22 or Nov. 12 -
Dec. 10 / 5 to 6 p.m. / Location: ◆**
5-week session \$60

This evening yoga class focuses on moving our bodies to reduce the stress of the day. Feel calmer and more relaxed.

Yoga I

**Mondays, Sept. 9 - Oct. 14 or
Oct. 21 - Dec. 16*** / 6:15 to 7:30 p.m.
Location: ▲

6-week session \$70 / *9-week session \$100

**Thursdays, Sept. 12 - Oct. 17 or
Oct. 24 - Dec. 19*** (no class Nov. 28)
9 to 10:15 a.m. / Location: ▲

6-week session \$70 / *8-week session \$90

This physically active, meditative class develops flexibility and strength.

Yoga II

**Thursdays, Sept. 12 - Oct. 17 or
Oct. 24 - Dec. 19*** (no class Nov. 28)
7:30 to 8:45 p.m. / Location: ▲

6-week session \$70 / *8-week session \$90

For continuing yoga students who have taken Yoga I.

Yoga for Back Pain

**Sundays, Sept. 8 - Oct. 13 or
Oct. 20 - Dec. 15*** / 6 to 7 p.m.
Location: ▲

6-week session \$70 / *9-week session \$100

Strengthen your whole body through yoga, especially the back, to promote healing and prevent further injury.

Yoga for Osteoporosis

**Mondays, Sept. 9 - Oct. 14 or
Oct. 21 - Dec. 16*** / 7:45 to 8:45 p.m.
Location: ▲

6-week session \$70 / *9-week session \$100

Learn postures to increase bone strength and density, balance and overall longevity.

Yoga for Women

**Sundays, Sept. 8 - Oct. 13 or
Oct. 20 - Dec. 15*** / 4:30 to 5:45 p.m.
Location: ▲

6-week session \$70 / *9-week session \$100

Designed for women age 30 and older, this class includes postures for hormone balance, strength, pelvic floor health, stress relief and more.

Zumba

Wednesdays, Sept. 4 - Oct. 23 (no class
Oct. 9) or **Oct. 30 - Dec. 11**
5:30 to 6:30 p.m. / Location: ▲

7-week session \$80

Take the “work” out of workout. Use low-impact moves in a calorie-burning, Latin dance, fitness party.

Fitness 55+

Holy Cross Senior Source—in partnership with the Housing Opportunities Commission of Montgomery County, Md.; the Maryland Department of Aging; and the Montgomery County Department of Health and Human Services—offers health education and wellness classes, health screenings and intellectually stimulating programs and events for people age 55 and older.

Ballet Gold

**Tuesdays, Sept. 3 - Oct. 22 or
Nov. 5 - Dec. 17 / 1 to 2 p.m.**
Location: ■ \$20

**Thursdays, Sept. 5 - Oct. 24 or
Nov. 7 - Dec. 19 / 1 to 2 p.m.**
Location: ■ \$20

Whether beginner or beyond, these senior ballet classes will challenge you. Ballet shoes are required.

Chair Exercise

**Tuesdays & Thursdays, Sept. 3 - Oct. 24
or Nov. 5 - Dec. 17** (no class Nov. 28)
1 to 2 p.m. / Location: ■ \$15

So your knees don't like aerobics? This class will get your body moving and heart pumping without even leaving your chair.

Gentle Yoga (55+)

Mondays, Sept. 9 - Oct. 21
or **Nov. 4 - Dec. 16 / 10:30 to 11:30 a.m.**

Location: ■ \$42

Reduce stress, improve balance, and build strength and movement. Ideal for people with chronic conditions or pain.

Jazz Dance

Fridays, Sept. 6 - Oct. 18 or
Nov. 1 - Dec. 20 (no class Nov. 29)
2 to 3 p.m. / Location: ■ \$10

Experience the joy of motion. Jazz it up to some fun routines set to a variety of music and styles.

Mat Pilates

Tuesdays, Sept. 3 - Oct. 22 \$48
or **Nov. 5 - Dec. 17 \$42**

11:45 a.m. to 12:45 p.m. / Location: ■

Tone and lengthen core muscles to balance the strength of abdominal and back muscles while improving posture and flexibility.

Parkinson's Exercise

Mondays, Sept. 9 - Oct. 21 or
Nov. 4 - Dec. 16 / 10:30 to 11:30 a.m.

Location: ■ \$20

For people diagnosed with Parkinson's disease, this class is designed to increase range of motion, enhance conditioning and endurance, and strengthen muscles.

Senior Fit Free

A 45-minute exercise program for adults age 55+ that focuses on strength, balance, agility and cardiovascular fitness. Offered at 24 locations in partnership with Kaiser Permanente, the Montgomery County Department of Recreation, Maryland-National Capital Park and Planning Commission, Asbury Methodist Village, and local churches. Call 301-754-8800 for a registration packet that includes a waiver form and for a class schedule and locations.

Stay Active—Move Free

Mondays & Wednesdays, Sept. 4 -
Oct. 23 or Nov. 4 - Dec. 18

1:15 to 2:15 p.m. Location: ■

Learn safe, simple exercises to help increase your level of endurance, boost energy and improve range of motion.

Strength Training

Tuesdays, Sept. 3 - Oct. 22 \$48
or **Nov. 5 - Dec. 17 \$42**

10:30 to 11:30 a.m. / Location: ■

Thursdays, Sept. 5 - Oct. 24 \$48
or **Nov. 7 to Dec. 19 \$36**

10:30 to 11:30 a.m. / Location: ■

Strengthen muscles, joints and bones in a fun, supportive environment.

Tai Chi

Wednesdays, Sept. 4 - Oct. 23
(no class Sept. 25) or **Nov. 6 - Dec. 18**

Location: ■

Beginner (24-form class):

9:30 to 10:30 a.m. \$10

Advanced (37-form class):

10:30 to 11:30 a.m. \$15

Tai chi integrates health, self-defense and meditation, and improves balance.

Tap Dance

Fridays, Sept. 6 - Oct. 18 or
Nov. 1 - Dec. 20 (no class Nov. 29)

12:30 to 1:30 p.m. / Location: ■ \$20

This beginner/intermediate class introduces the rhythms and coordination of making clear tapping sounds.

Yoga 1.5

Thursdays, Sept. 5 - Oct. 24 \$48
or **Nov. 7 - Dec. 19 \$36**

11:45 a.m. to 12:45 p.m. / Location: ■

Offers multiple levels of yoga beyond Gentle Yoga. Moderate difficulty level.

Yoga as Therapy

Wednesdays, Sept. 11 - Oct. 23 \$48
or **Nov. 6 - Dec. 18 \$42**

3 to 4 p.m. / Location: ■

A good beginner class. A step up from Gentle Yoga.

Yoga for Bone Health

Thursdays, Sept. 12 - Oct. 24 \$48
or **Nov. 7 - Dec. 19 \$36**

3:30 to 4:15 p.m. / Location: ■

Yoga poses and practices increase bone density and also improve strength and coordination. Moderate difficulty level.

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org.



Barbara Beccles is Dancing to Stay Healthy

"At 78, Jazz Dance keeps me physically fit and flexible. It's also good for my memory because I have to remember the dance steps and routines. After class, I feel great—tired but energized."

Zumba Gold

**Fridays / Sept. 6 - Oct. 18 or
Nov. 1 - Dec. 20** (no class Nov. 29)
10:30 to 11:30 a.m. / Location: ■ \$15

This dance-fitness class includes easy-to-follow choreographed moves to enhance balance, range of motion and coordination, and build cardiovascular health.

Wellness

Freedom from Smoking Free

You can quit. We can help. Learn systematic approaches to quitting smoking, including how to know if you are ready to quit, medications and lifestyle changes to increase your success, preparing for quit day, and how to stay smoke-free for good in this seven-week group clinic sponsored by the American Lung Association. For dates, times and location, call 301-754-8800.

SPECIAL EVENT

Stroke Prevention and Survivorship Free

**Thursday, September 26
6 to 8 p. m. / Location:** ★

Join us for a screening of the powerful documentary, *A Teachable Moment*, about four stroke survivors. Learn about stroke prevention, warning signs, treatment and recovery from our expert panel featuring Shahid Rafiq, MD, Medical Director, Neurology and Stroke, Holy Cross Health; Lana Rigby, MD, Physical Medicine and Rehabilitation; Sharon Harriston, RN, MS, CCNS, ACNP-BC, Stroke Program Coordinator, Holy Cross Hospital; and a stroke survivor. Please register in advance.

Wellness 55+

AARP Smart Driver Program

**Wednesday, Oct. 30
Noon to 4:30 p.m. / Location:** ■
AARP members \$15 / Nonmembers \$20
Helps drivers 50 and older sharpen their driving acumen and develop new techniques. Please bring lunch or a snack and drinks.

Better Bones Free

Maintain bone density while improving strength, flexibility and balance. Some exercises are done seated. For those age 55+. Classes are ongoing and are offered at four locations. Call 301-754-8800 for a registration packet that includes a waiver form and for a class schedule and locations.

BioSway Falls Screenings Free

**Wednesday, Sept. 11
11:45 a.m. to 2 p.m. / Location:** ■

State-of-the-art Biodex/BioSway Balance System, and gait and balance testing assess your personal falls risk. Pre-registration required. Space is limited.

Contemporary Issues Discussion Group Free

**Wednesdays, Sept. 11 & 25, Oct. 9
& 23, Nov. 6 & 20, Dec. 11
1:30 to 3:30 p.m. / Location:** ★

Exchange ideas on a variety of issues.

Matter of Balance Free

Are you worried about falls or near-falls? Learn how to reduce your risk for falls and increase strength and balance in this eight-class series. For dates, times and locations, call 301-754-8800.

Medication Review Free

**Wednesday, Sept. 4 or Nov. 6
11 a.m. to 2 p.m. / Location:** ■
**Friday, Sept. 27, Oct. 25 or Dec. 27
Noon to 1 p.m. / Location:** ◆

Bring in your medications and consult a Holy Cross Health pharmacist about drug interactions, proper dosing and side effects.

Memory Academy

**Fridays, Sept. 13, 20, 27, Oct. 4 \$5
(Boosters: Oct. 18, Nov. 1 & 15)
10 a.m. to Noon
(The Village at Rockville, 9701 Veirs Dr.,
Rockville, MD 20850)
Mondays, Oct. 7, 14, 21, 28 \$5
(Boosters: Nov. 4, 11, 18) / 1 to 3 p.m.
(Bauer Drive Community Recreation
Center, 14625 Bauer Dr., Rockville, MD
20853)**

This memory program created by the UCLA Center on Aging teaches techniques that work for everyone. Those who successfully complete the seven-week course will be invited to attend three free booster sessions afterward.

Memory Screening Free

**Tuesday, Sept. 17 or Nov. 12
10 a.m. to Noon / Location:** ■

A trained professional provides memory screening, answers questions about memory loss and discusses community resources.

Upright! Balance Training Free

**Mondays & Wednesdays,
Sept. 23 - Dec. 18
11:45 a.m. to 12:45 p.m. / Location:** ■

Sensory training and exercises are used to increase skills for balance maintenance. Learn how to prevent and manage falls. Prerequisite: must have received a BioSway Falls Screening on Sept. 11 to attend class.

World of Art Free

1:30 to 3:30 p.m. / Location: ★
Tuesday, Oct. 1: Da Vinci and His Visions of Women
Tuesday, Oct. 29: Nefertiti and the Queens of Ancient Egypt
Monday, Dec. 2: Van Gogh and Japan
(Register for each class individually.)

Parenting Education

Girl Talk

**Tuesday, Oct. 29 or Dec. 17
6:30 to 8:30 p.m. / Location:** ▲
\$20 per girl with accompanying adult.
For girls ages 8 to 11 and their moms.
Explore puberty changes, menstrual cycles and maintaining the lines of communication.

Grandparents-To-Be

**Saturday, Sept. 7 / 10 a.m. to Noon
Tuesday, Oct. 15 / 6:30 to 8:30 p.m.
Monday, Nov. 18 or Dec. 30
6:30 to 8:30 p.m.
Location:** ★ \$15 per person
Current trends in labor and delivery practices, infant care and feeding are addressed. A short (optional) tour of our maternity services is provided.

Maternity Classes

Holy Cross Germantown Hospital and Holy Cross Hospital offer a variety of classes, tours and exercise programs to help a family prepare for a new baby's arrival and beyond. For a complete list of classes, visit HolyCrossHealth.org.

Safe Sitter

Saturday, Oct. 5 or Sunday, Dec. 15
9 a.m. to 4 p.m. / Location: ▲
\$70 per person

A class for 11 to 13 year olds who are embarking on babysitting that covers child care safety, handling emergencies, first aid techniques and more.

Sibling Class

Age 3 - 5:

Saturday, Sept. 7 or Oct. 19
10 to 11 a.m.

Sunday, Dec. 1 / 1:30 to 2:30 p.m.

Location: ★ \$20 per child

Age 6 - 10:

Saturday, Sept. 7 or Oct. 19
11:15 a.m. to 12:15 p.m.

Sunday, Dec. 1 / 2:45 to 3:45 p.m.

Location: ★ \$20 per child

Siblings take steps toward becoming big brothers and sisters. Children must be accompanied by an adult.

Support Groups

Holy Cross Health offers a variety of support groups related to cancer, bereavement/grief, caregivers, epilepsy, stroke, breastfeeding, lymphedema, diabetes and bariatric surgery. For more information, visit HolyCrossHealth.org/support.

Heartsaver/CPR

These classes are for the general public, meet the requirements for day care providers and are not intended for health care professionals. An American Heart Association card is issued upon completion.

- **Heartsaver First Aid**
Saturday, Sept. 14 or Nov. 23
9 a.m. to 12:30 p.m. \$50
- **Heartsaver: Adult CPR & AED Training**
Monday, Oct. 7 or Dec. 16
5:30 to 9:30 p.m. \$60
- **Heartsaver: Adult/Infant/Child CPR/AED**
Saturday, Sept. 7, Oct. 26, Nov. 9 or Dec. 7
9 a.m. to 2 p.m. \$70

Location: ▲

Caregiver Resources

Caregivers Support Groups

Location: ▲

Room 12 (unless otherwise noted)

- **Groups for Adult Children**
Mondays, 6 to 8 p.m.
Tuesdays, 3 to 4:30 p.m.
Thursdays, 10 to 11:30 a.m.
- **Groups for Spouses**
Wednesdays, 10 to 11:30 a.m.
Thursdays, 3 to 4:30 p.m.
Fridays, 10 to 11:30 a.m.
- **Group for Caregivers of Adults**
1st & 3rd Thursdays, 2 to 3:30 p.m.
(Benjamin Gaither Center
80-A Bureau Dr., Gaithersburg)
- **Telephone Support Group for Spouses and Adult Children**
Tuesdays, 6 to 7:30 p.m.
Call 301-754-7152 in advance to obtain access numbers for the conference call.
For more information, call Sister Kathy Weber at 301-754-7152 or visit HolyCrossHealth.org/CaregiverSupport.

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org.

Medical Adult Day Center Open House and Tour

Wednesday, Sept. 18
4 to 6 p.m. / Location: ▲

Meet our staff and learn about the Medical Adult Day Center's social, recreational and medical programs for seniors and disabled adults. The center fosters a community atmosphere by celebrating and acknowledging each participant's unique skills and contributions to the group. Staffed with caring professionals, adult day care is a cost-effective alternative to residential care. To RSVP, call 301-754-7150 or email willkast@HolyCrossHealth.org.

Adult Day Care is Giving Vicky Nuñez Peace of Mind

"Since mom started going to the Holy Cross Medical Adult Day Center, she seems more content, her mood is upbeat and she smiles more. Everyone there is very interactive, social and caring—you can tell they care about what they do."



Norvell V. Coots, MD / President and CEO, Holy Cross Health
Louis Damiano, MD / President, Holy Cross Hospital
Doug Ryder / President, Holy Cross Germantown Hospital
Annice Cody / President, Holy Cross Health Network

Holy Cross Health delivers quality care throughout the community to meet each individual on their path to good health.

Hospitals

- 1 Holy Cross Hospital**
1500 Forest Glen Road
Silver Spring, MD 20910 / 301-754-7000
- 2 Holy Cross Germantown Hospital**
19801 Observation Drive
Germantown, MD 20876 / 301-557-6000

Health Centers for Low-income Individuals

- 3** Holy Cross Health Center in Aspen Hill
- 4** Holy Cross Health Center in Gaithersburg
- 5** Holy Cross Health Center in Germantown
- 6** Holy Cross Health Center in Silver Spring

Primary Care Sites

- 7** Holy Cross Health Partners at Asbury Methodist Village, Gaithersburg
- 8** Holy Cross Health Partners in Kensington

Education and Wellness Centers

- 9** Holy Cross Resource Center, Silver Spring
- 10** Holy Cross Senior Source, Silver Spring

Specialized Sites and Services

- 11** Holy Cross Dialysis Center at Woodmore, Mitchellville
- 12** Holy Cross Home Care and Hospice (Trinity Health at Home), Silver Spring
- 13** Holy Cross Radiation Treatment Center, Silver Spring

Community Health Programs

More than 70 low-cost or free fitness and exercise, health education, screening, self-management and health ministry programs offered each week.



For addresses and phone numbers, visit HolyCrossHealth.org.

HolyCrossHealth.org | TTY 301-754-7406 | To find a physician, call 301-754-8800.

This magazine is published for friends and patients of Holy Cross Health and is not meant to replace professional medical advice or service. Personal health problems should be brought to the attention of the appropriate health professionals. To be added or removed from this mailing list, call 301-754-7712. Submit comments to Magnolia Vasquez, editor, at magnolia.vasquez@holycrosshealth.org.

